

Appendix

Table 1. Pre-Exam Reflection Exercise

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Items on the Pre-Exam Reflection Exercise (Administered 1-3 Days before Exam)

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How much time have you spent studying for this exam?

\_\_\_\_\_ hours      \_\_\_\_\_ minutes

How many days before the exam did you start studying? \_\_\_\_\_

Please indicate the extent to which you have used each of the following activities to prepare for this exam, using the scale provided:

1	2	3	4	5
Never	Rarely	Sometimes	Often	A Lot

1. Reread your notes
2. Read the textbook or assigned readings
3. Rewrote your notes
4. Highlighted information in the textbook
5. Reviewed highlighted information from the textbook
6. Memorized definitions through repetition (e.g., flashcards)
7. Reviewed figures and tables in the textbook
8. Used a study guide or learning objectives
9. Made up your own examples to understand the material or apply it to everyday life
10. Used concept checks or chapter-end questions to test your knowledge
11. Studied with a friend or study group

Please indicate your agreement with each statement, using the scale provided:

1	2	3	4	5
Never	Rarely	Sometimes	Often	A Lot

1. I had music on while studying.
2. I had the television on while studying.
3. I had roommates, friends, or family members around while studying.
4. I responded to text messages, e-mails, or social media notifications while studying.

Please indicate your agreement with each statement, using the scale provided:

1	2	3	4	5
Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree

1. I feel prepared for this exam.
2. I am confident that I understand this material.
3. I allotted enough time to study for this exam.
4. I think I will do well on this exam.
5. I care about how I perform on this exam.

What study strategies do you think have best prepared you for the first exam? Why?

What, if anything, has interfered with your studying?

On average, how many hours of sleep each night did you get this week?

How much have you exercised in the last week?

\_\_\_\_\_ hours      \_\_\_\_\_ minutes

Based on your preparation, what numeric grade do you think you will earn on this exam? (1-100)

What letter grade do you think you will earn on this exam? (A-F)

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Table 2. Post-Exam Reflection Exercise

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Items on the Post-Exam Reflection Exercise (Administered 1-3 Days after Exam)

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How did you perform on the first exam?

1	2	3	4	5
Much worse than expected	Worse than expected	As expected	Better than expected	Much better than expected

Please indicate your agreement with each statement, using the scale provided:

1	2	3	4	5
Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree

1. My test score is an accurate reflection of my study effort.
2. My test score is an accurate reflection of my knowledge of the topics tested.
3. I made good use of the time provided during the exam.
4. I experienced test anxiety before or during the exam.
5. I experienced a mental block while taking the exam.
6. I was concerned that other students would finish before me.
7. I crammed for this exam.
8. My performance on this exam is indicative of how smart I am.
9. I can perform better on the next exam.
10. I am willing to change my study habits for the next exam.

Which part or parts of the first exam were easiest for you? Why?

Which part or parts of the first exam were most difficult for you? Why?

To what do you attribute your grade on the first exam? In other words, why do you think you performed the way you did?

Are you planning to prepare differently for the second exam? If so, what changes will you make?

- If you plan to make changes in your studying, how, specifically, do you plan to implement these changes?
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